(Monroe Institute Blog – January 11, 2024)

USING EARTH CORE TO GROUND YOURSELF

Malorie Mackey
Actress, author and adventurer

Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

Let's talk about grounding! Being grounded basically means being present to the world around you, noticing what's happening in the moment, and being connected to the earth. Grounding is a topic I heard about over and over again back in theatre school, and it's also a recurring theme in meditation. You see, when you're meditating regularly, you can start becoming rather spacey if you're not taking care to reconnect with your surroundings after meditating. Personally, I enjoy conducting mindfulness exercises to root myself back down into physical reality after any truly powerful meditations. If I need to ground, I imagine roots coming out of my feet and into the earth, and I really feel that connection. Perhaps this is why learning about the Earth Core exercises in Exploration 27 is so helpful.

If you've attended Exploration 27, Starlines, or any other advanced programs at the Monroe Institute, you know what Earth Core is. For the purposes of this article, I will explain that it is a focus level that takes you deep into the earth's center to help you ground and reconnect. It's a fantastic tool to use after experiencing higher states of consciousness.

After attending a program at Monroe, I tend to feel like my head is in the clouds. The same occurs if I've been meditating extensively at home for a few days straight. As someone who has taken Exploration 27 and Starlines, I tend to do an exercise to connect myself with Earth Core after extended periods of meditation to ensure I am truly grounded. I see myself pulled deep within the earth's core, where I connect and feel part of this amazing planet that supports all life. When I find this connection, I use it to feel mindful of the world around me as I leave intense periods of practice behind.

But what if you haven't taken a program that has connected you with Earth Core yet? If that's the case, I can provide some advice that might help you connect deeply with the earth after extensive meditation. To connect with Earth Core is to ground yourself with the earth. So, if you're looking to be more grounded, the first thing I can recommend is taking a walk outside. As you step, feel your feet rooting deep into the earth. If it helps,

imagine roots growing out of your feet, going deep down like a tree, and feel the earth pulling back on your feet as you take each step forward. In this moment, practice mindfulness. See each color around you as you walk. See each leaf on every tree. Notice each bird or bug that flies by you. Really pay attention to the present and focus on seeing it. Then, focus on hearing it. What sounds are happening around you? Focus on each small background noise you may not have normally noticed, like the whistling wind making trees and plants rustle, or the sound of cars passing nearby. Being in the moment is one of my favorite ways to get and stay grounded.

If you're feeling the need to ground at any point, focus on Earth Core and meditate on that idea. If you don't quite connect to it yet, try the exercise I shared above. Being connected to the earth is the essence of grounding. Meditation is always about discovering what works best for you and incorporating those techniques into your own practice. Playful experimentation is a great attitude to maintain, and if you discover a method that works well for you and you use it, your life will reflect the benefits.